



the pioneer

New Delhi | Monday | August 10 | 2009

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RNI No. 53466/91, REGD. No. DL (C)-05/1219/2009-2011

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Want to stay fit? Say *balle, balle*

Sarina Jain tells Sarabpreet Kaur how her innovative workout Masala Bhangra helps one stay in shape while dancing to the tunes of energetic songs and music

For all you who feel that workouts with weights and machines are a boring stuff but still want to remain in shape, there is a good news — Masala Bhangra. Yes, you guessed it right. It is a form of exercise routine that mixes energetic steps of traditional Bhangra with Bollywood dances in such a manner that a 60-minute session can burn around 500 calories. So not only do you lose weight, you also get infused with a whole lot of energy.

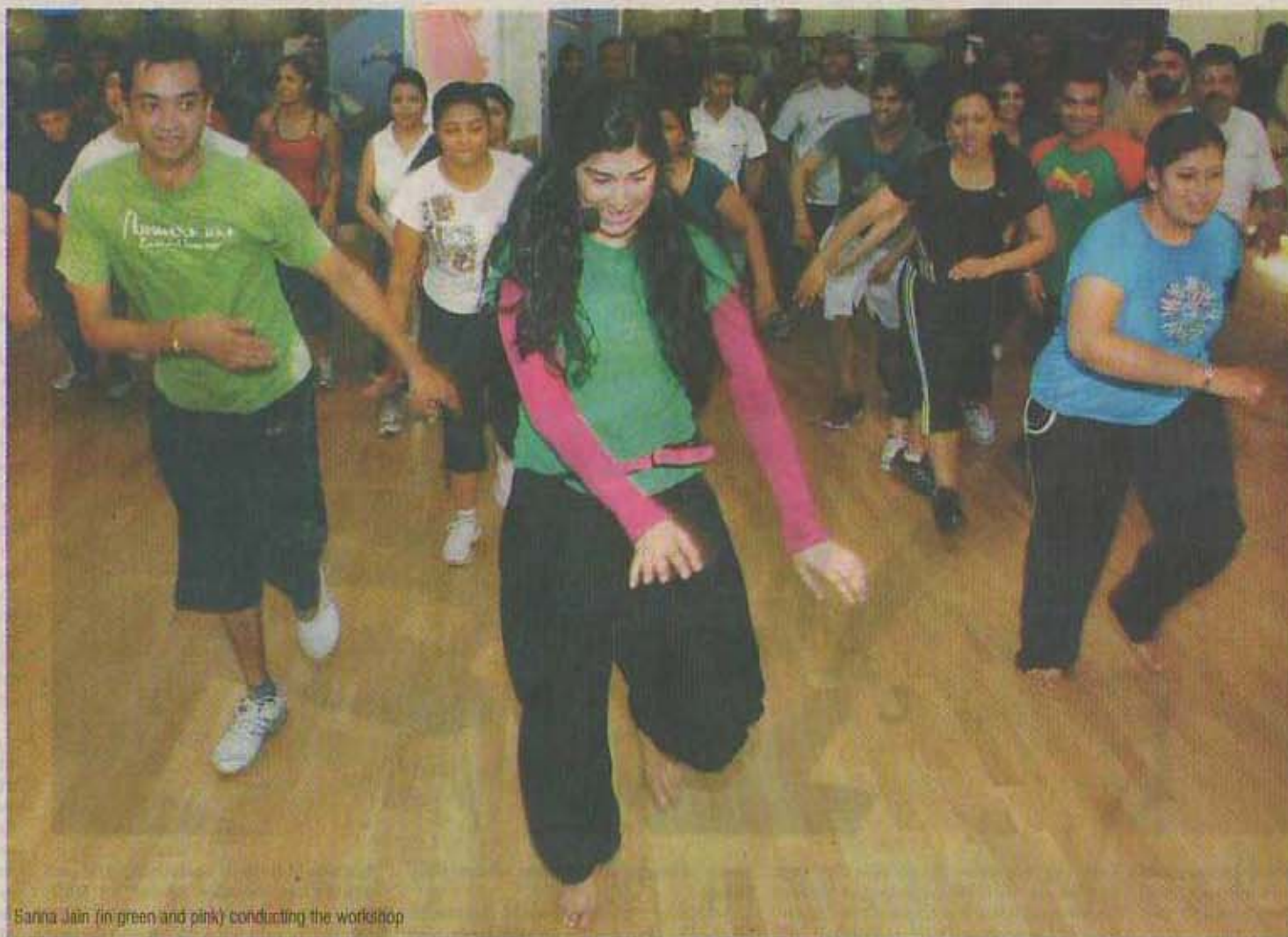
The brain behind this workout, Sarina Jain, recently conducted a workshop in the capital.

Talking about how she came up with such an innovative workout style she said, "Masala means spice and India loves spice. Also, Bhangra is the most energetic dance form which just freaks one out and the person gets totally involved in it. I love Bhangra, so I started this workout 10 years back and since then, it has been appreciated a lot. I have introduced this in America too where it has been accepted quite widely."

The workout has been certified by Aerobics and Fitness Association of America (AFAA). There is a lot of fun element involved in it. "The vigor and vitality of Bhangra adds to the enthusiasm of the one who is working out. It leaves one charged up and the person feels a lot more energetic," said she. During the workshop, Jain used many popular Bhangra songs ranging from a modern number like *Naag saambh lai zulf de* to the old favourite like *Tutak tutak tutiya*.

Talking about her experiences in the US, she said, "People in America don't understand the words used in Bhangra music, it is just the beats that keep them charged up. I keep telling them the purpose of every step. For example there is a step which represents a way of calling your beloved. That leaves them thrilled."

So what is the ideal way of losing weight through this workout? "I



Sarina Jain (in green and pink) conducting the workshop

suggest 45 minutes of Masala Bhangra workout thrice a week and weight training twice a week if one wants to lose weight," she said. Jain however maintains that one has to watch out his or her food habits too to get the maximum benefits.

The workshop had people from all age groups. For one hour, Sarina's passion for the workout was felt and reciprocated by everyone around.

One of the participants Param Bhatia (50), said, "It is quite a fun way of remaining fit. Apart from the fact that it helps you lose weight, dancing to the beats of Bhangra leaves you all charged up."

Jain has so far trained 15 people as instructors in this form of the workout. "Fitness should be a part of one's lifestyle. It is necessary that one realises the need to be fit.

Masala Bhangra works on the whole body and it makes our cardiovascular system strong," remarked Jain who has already produced seven VCDs of this workout.

Asked about her most memorable moment while training the people, she happily replied, "The fact that people are getting fit makes me happy. It, in fact helps in saving marriages," she remarked

with a laugh.

Singer Jasbir Jassi who was also present at the workshop appreciated Sarina's way of making people exercise. "Sarina is a dear friend of mine. We have done various shows together and the way she is introducing Bhangra in a form of workout in a foreign land is highly commendable", he said.

photo Sahil Kathpal